

# STIMULANTS BREAKDOWN

## 1 WHAT TO KNOW & TYPES

### STIMULANTS WHAT TO KNOW ABOUT THEM



#### WHAT ARE STIMULANTS?

Stimulants are drugs that speed up the connection between your body and brain. Some of these stimulants are illicit (or street) drugs and some are prescription medications.

Prescription stimulants may be prescribed by your health care provider. You should take these medications exactly as prescribed. Always talk to a health professional before starting, stopping, or changing medications.

The effects of stimulants depend on the type of drug you use, how often you use, and the method you use to take drugs into your body.



#### PRESCRIPTION DRUG MISUSE

Prescription Drug Misuse means taking:

- Someone else's prescription drug(s)
- Your own old prescription drug(s)
- Prescription drug(s) more often or in higher doses than prescribed or not taking them in the prescribed method/way
- Prescription drug(s) for reasons other than prescribed



To learn more about prescription drug misuse see the 'Prescription Drug Misuse' handout.

#### IMPORTANT

Using illicit (street) stimulants or misusing prescription stimulants can have serious consequences for you and your baby. We urge you to get help.

Contact your health care provider or contact the Wisconsin Addiction Recovery Helpline for substance use treatment or recovery services at 2-1-1 or (833) 944-4673.

### STIMULANTS TYPES



#### COCAINE

Cocaine is a highly addictive stimulant.



Blow, Bump, Crack, Rock, Snow

**SHORT-TERM EFFECTS:** anxiety, panic attacks, angry or hostile behavior, insomnia, paranoia, delusions, and hallucinations - make it very hard to care for you and your child(ren).

**LONG-TERM EFFECTS:** addiction, depression, heart, lung, and kidney problems, and seizures - can make it hard to care for your family long-term.

#### MDMA

MDMA is a stimulant and psychedelic.



Ecstasy, Molly, E, X, Moon Rock

**SHORT-TERM EFFECTS:** anxiety, panic attacks, visual distortions, and paranoia - make it very hard to care for you and your child(ren).

**LONG-TERM EFFECTS:** addiction, depression, memory, and attention problems - can make it hard to care for your family long-term.

#### METHAMPHETAMINE

Methamphetamine is a highly addictive stimulant.



Meth, Ice, Crack

**SHORT-TERM EFFECTS:** angry or hostile behavior, psychosis, paranoia, insomnia, anxiety, and panic attacks - make it very hard to care for you and your child(ren).

**LONG-TERM EFFECTS:** addiction, depression, psychosis, heart, lung, kidney problems, and stroke - can make it hard to care for your family long-term.

#### MISUSE OF PRESCRIPTION STIMULANTS

Prescription stimulants such as Adderall, Ritalin, and Concerta are sometimes prescribed by health care providers to treat conditions such as Attention-deficit/hyperactivity disorder (ADHD) and narcolepsy. These medications can be habit forming and are one of the most commonly misused prescribed medications.

If you have been prescribed these medications, you should take them exactly as prescribed. Always talk to a health professional before starting, stopping, or changing medications.



**FIRST BREATH  
CAN HELP**  
NO JUDGMENT. JUST SUPPORT.

Get the free information and support you need to stop or cut down on substance use while pregnant, breastfeeding, and caregiving.  
[www.joinfirstbreath.org](http://www.joinfirstbreath.org) | (608) 888-2766 | TEXT "FB" TO 29889  
LOOKING FOR SUBSTANCE USE TREATMENT OR RECOVERY SERVICES? CALL 2-1-1 OR (833) 944-4673

## 2 USE DURING PREGNANCY & BREASTFEEDING

### STIMULANTS IMPACT ON PREGNANCY



#### WHEN USING STIMULANTS...



- Stimulants are in your Placenta (the organ present at pregnancy that gives baby nutrients).
- Stimulants pass through your Umbilical Cord (tube connecting placenta to baby).
- Stimulants are taken in by Baby.



- Cocaine Use During Pregnancy Can Cause:
- Miscarriage (loss of pregnancy before 20 weeks)
  - Low birth weight
  - Preterm birth
  - Problems with your placenta
  - Bleeding in the brain and permanent brain damage
  - Neonatal Abstinence Syndrome (NAS)

- Methamphetamine Use During Pregnancy May Cause:
- Miscarriage (loss of pregnancy before 20 weeks)
  - Preterm birth
  - Poor growth of baby
  - Problems with your placenta
  - Neonatal Abstinence Syndrome (NAS)

- MDMA Use During Pregnancy May Cause:
- Heart, muscle, and skeletal problems in baby.

- Prescription Stimulant Use During Pregnancy May Cause:
- Preterm birth (baby born too early)
  - Poor growth of baby and low birth weight

#### IMPACT ON LONG-TERM HEALTH FOR CHILDREN

Neonatal Abstinence Syndrome (NAS) puts children at an increased risk of long-term medical and behavioral problems.

#### CHILDREN WHO WERE EXPOSED TO STIMULANTS DURING PREGNANCY ARE AT A HIGHER RISK OF:

- Attention issues
- Learning delays
- Self-control issues
- Language problems

### STIMULANTS IMPACT ON BREASTFEEDING



#### WHEN USING STIMULANTS...

The amount of stimulant passed to baby through breast milk (aka chest or human milk) depends on the type of stimulant you use and how much you use.

Stimulants are in your breast milk and are taken in by baby when baby feeds with breast milk.



Using cocaine can cause breathing problems or seizures.



The effects of misuse of prescription stimulants on breastfeeding babies are not well known.

#### DID YOU KNOW?

Regular use of illicit stimulants during pregnancy can lead to Neonatal Abstinence Syndrome (NAS).



NAS is a group of problems that can happen when babies are exposed to certain substances in the womb and then experience withdrawal after delivery.

Withdrawal symptoms usually begin 1-5 days after birth and include:

- Tremors and/or seizures
- Diarrhea and vomiting
- Breathing problems
- Excessive and/or high-pitched crying
- Sleep problems
- Feeding difficulties and/or poor sucking

Babies may...

- Be more difficult to console and soothe
- Need extra care and medications to help with their symptoms of withdrawal while in the hospital
- Need extra care and skin-to-skin handling at home

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## 3 IMPACT ON CAREGIVING & YOU

### STIMULANTS IMPACT ON CAREGIVING



#### HOW TO REDUCE RISK WHILE CAREGIVING

- Ask a trusted, sober adult to care for your child(ren) while under the influence.
- Do not drive while using drugs, especially with children in the vehicle.
- Practice safe sleep to reduce the risk of SIDS. Babies should sleep on their backs and in their own crib with no blankets, pillows, stuffed animals, or crib bumpers.

#### DID YOU KNOW?



Babies are at a higher risk of Sudden Infant Death Syndrome (SIDS) when caregivers use drugs.

#### IMPACT ON YOU

##### STOPPING DRUG USE CAN...

- Improve ability to cope with stress, anxiety, depression, and improve overall mood.
- Improve focus, attention, and memory.
- Improve overall health, especially immune system health.
- Improve ability to take care of personal and family responsibilities and duties.
- Decrease relationship problems.
- Decrease financial problems.
- Decrease legal problems.

##### SUBSTANCE USE DISORDER

Regular use of drugs can lead to a substance use disorder. If you are receiving treatment for a substance use disorder, continue working with your team to safely care for your family.

If you are concerned about your drug use...

Talk to your health care provider.

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**PRESCRIPTION DRUG MISUSE**  
WHAT DOES IT MEAN TO MISUSE PRESCRIPTION DRUGS?

- ✓ Taking someone else's prescription  
Example: taking a friend's painkillers
- ✓ Taking an old prescription  
Example: taking a prescription you no longer need
- ✓ Taking more drugs or more often than prescribed  
Example: taking 4 tablets instead of 2
- ✓ Taking for a different reason than was prescribed  
Example: using pain medication for anxiety

Missing several medicines can have serious consequences for you and your growing baby. Get help now and don't consider it. Balance your feelings and your physical health. Call for help from First Breath or your doctor to help you ask for help.

Local Pharmacy (123) 456-7891  
DR. C. JONES (123) 456-7891  
JANE SMITH  
TAKING ONE CAPSULE BY MOUTH TWO TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN  
AMOUNT 1 IN 500MG CAPSULES  
CITY ONE REFILL  
USE BEFORE 11/30/22

NOTE: All information is for informational purposes only. It is not intended to be a substitute for professional medical advice. Always consult your doctor for more information.

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www.firstbreath.org | 833-888-2966  
IF YOU'RE CONCERNED ABOUT A SUBSTANCE USED SINCE 2011, CALL 211.

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[www.joinfirstbreath.org](http://www.joinfirstbreath.org) | (608) 888-2768

TEXT "FB" TO 29669

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## IMPACT ON PREGNANCY



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